

BREAD

Dinner Rolls

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	36	\$0.07	81 kcal

You can never have too many bread recipes, so give Dinner Rolls a try. This recipe serves 36. One serving contains 81 calories, 2g of protein, and 2g of fat. For 7 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. 1 person were glad they tried this recipe.

Ingredients

- ☐ 2¼ teaspoons package dry yeast (about
- ☐ ¼ cup all-purpose flour
- ☐ 4½ cups all-purpose flour, divided
- ☐ 6 tablespoons reduced-calorie stick margarine, softened
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1½ cups warm water (105° to 115°)

EQUIPMENT Bowl, Oven, Baking pan, Hand mixer

Method

- 1

Combine yeast and warm water; let stand 5 minutes.
- 2

Combine yeast mixture, 1 cup flour, sugar, salt, and margarine; beat at medium speed of an electric mixer 2 minutes. Stir in 3 1/2 to 4 cups flour to make a soft dough.
- 3

Sprinkle 1/4 cup flour over work surface. Turn dough out onto surface; knead until smooth and elastic (about 10 minutes).
- 4

Place in a large bowl coated with cooking spray; turn to coat top. Cover; let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.

- 5 Punch dough down; divide into thirds. Divide and shape each third into 12 balls. Arrange balls evenly in three 8-inch square baking pans coated with cooking spray. Cover and let rise in a warm place, free from drafts, 40 minutes or until doubled in bulk.
- 6 Preheat oven to 37
- 7 Bake rolls at 375 for 20 minutes or until golden.

Nutrition per serving

81	2 g	2 g	13 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.4 g · 3% of daily needs
Fibre			0.5 g · 2% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			88.8 mg · 4% of daily needs
Cholesterol			0 mg · 0% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/dinner-rolls-148062